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Team Canada's Hayley Wickenheiser skates with the flag after winning the gold medal at the 2010 Vancouver Olympic Winter Games. The Shaunavon, Sask., native has been named Canada's flag-bearer for the Sochi Olympics. Inset: Wickenheiser poses for a photo in St. Poelten, Austria, on Thursday. **Story, page 18.** SCOTT GARDNER/THE CANADIAN PRESS; INSET: RONALD ZAK/THE ASSOCIATED PRESS

Confirmed cases of measles rises

Exposure. Number up to five in Sask., health officials say on Thursday, along with another dozen suspected cases

The number of confirmed cases of measles in Saskatchewan has risen to five, including four in the Regina Qu'Appelle Health Region (RQHR), officials announced on Thursday.

"Our investigations into the original case of measles in the RQHR continued and, since then, has resulted in additional cases," said Dr. Maurice Hennick, deputy medical health officer with the RQHR.

The sole confirmed case outside of the RQHR is in an unspecified region, also in southern Saskatchewan.

There are about another dozen suspected cases of measles in the province, Hennick added.

Dr. Saqib Shahab, the Saskatchewan government's chief medical health officer, urged parents to ensure their children are properly vaccinated.

He said people travelling to "locations with measles outbreaks" also need to make sure they are up to date on their vaccinations.

Earlier this week, officials released a list of locations in Regina where members of the public might have been exposed to the airborne measles virus between Jan. 13 and 17.

Hennick noted that none of the additional confirmed or suspected cases stems from exposure at those public locations.

Officials, however, pointed to five other locations — mostly in Regina's north end — where people could have been exposed to the measles.

The new locations include the Rochdale outlet of Real Canadian Superstore on Jan. 17 from 11 a.m. to 1:30 p.m. and the Co-operators Centre at Evraz Place on Jan. 18 from 1:30 p.m. to 5:45 p.m.

Health officials have investigated other facilities around the city, including daycare centres. The names of those locations were not disclosed.

"It's very specific contact, at very specific daycares, (unlike) these big public locations (where) we really have no idea who's been here," Hennick explained.

"The (daycares) were done specifically, one by one. (We) checked and double-checked the vaccination statements of each individual."

MARCO VIGLIOTTI/METRO

U of R coach quarantined

The University of Regina's women's basketball head coach has taken a temporary leave of absence due to possible exposure to measles.

- Dave Taylor has been placed in a three-week quarantine by health officials as a precaution. He has yet to experience symptoms of the infection.
- Assistant coach and former player Carly Graham will take his place on an interim basis.

SARAH TAGUIAM/METRO

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Truck traffic draws concern

West end. Vehicles en route to, from Global Transportation Hub are taking a toll on Dewdney Avenue, says resident

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Mark Simpson, a resident of Regina's Dieppe district, says he's concerned about fast, heavy truck traffic to and from the Global Transportation Hub through residential areas along Dewdney Avenue. MARCO VIGLIOTTI/METRO

Fast-moving, heavy truck traffic to and from the Global Transportation Hub (GTH) has turned sections of Dewdney Avenue into a dangerous, pothole-laden nightmare, says a resident of Regina's west end.

"The street is like a roller-coaster.... It's frozen right now, (and) it's as good as it's going to get," Mark Simpson told Metro of the western stretch of Dewdney Avenue.

"The street is torn all up."

Simpson charges that increasing truck traffic for the centralized supply hub, just west of the city, is ripping up asphalt on the bustling street and jeopardizing drivers and pedestrians.

"There's a lot of kids on Dewdney," he said. "One of those semis won't stop in time."

Construction is underway on the West Regina Bypass, which will connect Highways 1 and 11 and serve as the primary access route for the GTH.

The Ministry of Highways and Infrastructure is continuing to conduct planning on a section of the bypass that would link Dewdney to Highway 11, said spokesman Doug Wakabayashi.

"There's just a web of underground utilities … subdivisions in the northwest, some industrial outfits out there," Wakabayashi said of the various concerns involved in the planning of the route.

Simpson, however, claims the province has delayed it far too long and says he supports an NDP proposal to reroute large trucks away from residential areas along Dewdney.

"The community is up in arms with the inaction of the provincial government to ensure the safety of Dewdney Avenue," said Trent Wotherspoon, critic for the GTH and New Democrat MLA for the area.

No firm timeline has been set for the link project.

While acknowledging that the bypass represents a long-term solution, Wotherspoon urged the government to help the city pay for upgrades to Pinkie Road so it can handle traffic destined for the GTH.

Coun. Mike O'Donnell says potential funding for those upgrades will be considered as part of next month's city budget deliberations.

Stop public-sector pension bailouts: Watchdog

Colin Craig of the Canadian Taxpayers Federation. METRO

A Canadian tax watchdog has sent an open letter to Premier Brad Wall, urging the Saskatchewan government to fix what it calls the province's pension problem.

According to the Canadian Taxpayers Federation (CTF), Wall's government should stop bailing out public-sector employee pension plans because it's "grossly unfair" to taxpayers.

"Most people in the private sector hardly have workplace pension plans, so it's hardly fair … to continue to bail out government employee pensions," Colin Craig, CTF Prairie-region director, told reporters in Regina on Thursday.

Craig cited a 2010 Statistics Canada report that said 74 per cent of non-government employees in Saskatchewan have no workplace pension.

The CTF is asking, first, for all new government employees to be put into less costly and less risky pension plans.

It's also urging the government to raise eligibility rates and reduce benefits while pushing municipalities to pursue pension reform.

Government spokeswoman Kathy Young said the province is "aware of the funding pressures faced by pension plans, and of the changes being made by governments in other jurisdictions to shift the funding risk away from taxpayers."

Young added the government has made legislative amendments that "ensure public-sector plans are sustainable and affordable." She noted that negotiations to "shift more pension-plan funding responsibility to plan members" are also underway.

Young pointed out that Saskatchewan was the first province to establish pooled registered pension plans to offer a low-cost retirement plan.

Craig, however, said these measures aren't enough.

"The government has to roll up its sleeves and negotiate hard on behalf of taxpayers," he said. "It's that simple."

SARAH TAGUIAM/METRO

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Health regions to miss surgery wait target

March 2014? Nope. Regina Qu'Appelle Health Region will need another year to hit 12 week max wait time

The two biggest health regions in Saskatchewan will not meet the government's target date for making sure patients have surgery within three months.

The government promised in March 2010 that no one would have to wait longer than 12 weeks for surgery by March 2014.

But health officials said Thursday that the Saskatoon Health Region will take until late 2014 to meet the target and the Regina Qu'Appelle Health Region will need another year.

"Regina, the primary issue that they encountered was a shortage of operating-room nurses, so they were forced to close some of their operating rooms both at the General and Pasqua hospitals during the week because they simply didn't have enough operating-room nurses to staff them," said Mark Wyatt, acting assistant deputy minister of health.

"And that dramatically reduced the volume that they were performing and required in order to keep up with the wait-time reduction and meeting their wait-time targets."

Wyatt says the Regina health region has since hired more nurses and is making good progress.

In Saskatoon, the region had planned for more surgeries, but there was "a spike in demand" that wasn't anticipated, he said.

Statistics to the end of November show that 79 per cent of patients provincewide are getting surgery within three months. The government says there are 4,796 patients waiting more than three months for surgery — 10,555 fewer than when the surgical initiative began in March 2010.

Wyatt is pleased with the results.

"While we haven't fully achieved the target within a four-year time frame, it's absolutely still our intention that we will achieve this target. We recognize that Regina and Saskatoon have had some difficulties along the way and we've worked (with) them to develop their corrective action plans so that they can get back on course," said Wyatt.

"So, from our perspective, it certainly would have been preferable for us to be able to meet the target within the four-year time frame. But I think when we meet it within a five-year time frame, it's still going to stand out as a remarkable success for this initiative."

THE CANADIAN PRESS

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Court. Light sentence in Sask. pedestrian's death angers victim's mother

A man charged in the death of a pedestrian in Lloydminster has avoided jail time after being sentenced for mischief.

Jason Campbell was given a nine-month conditional sentence on Wednesday, which will include five months of house arrest and the remaining four under a curfew.

RCMP had originally charged Campbell with impaired driving causing death and dangerous driving causing death.

He was arrested after Candace Opekokew died last May when she was struck by a vehicle while walking outside a hotel.

Leslie Kennedy, Opekokew's mother, says the sentence has left her angry, frustrated and disappointed.

Ordered to pay ...

$2,000

Campbell has also been given one year probation and ordered to pay $2,000 into a scholarship fund in Opekokew's name.

THE CANADIAN PRESS/GLOBAL SASKATCHEWAN

Politics. Former Liberal volunteer who had to pay $5,000 in MP slander case sues lawyer

A former Liberal party volunteer and a Conservative MP have buried the hatchet over the volunteer's slandering of the politician on live television.

George Laliberte says he apologizes for calling into a debate in 2006 and asking Saskatoon MP Maurice Vellacott if he had been kicked out of a church for sexually assaulting the secretary.

Vellacott had never worked out of that church and had never been accused of sexual assault.

Laliberte, who was ordered by a court to pay Vellacott $5,000 for slander, placed the call from the committee rooms of a Liberal candidate.

Laliberte is now suing his former lawyers and law firm, McKercher LLP, for $500,000, alleging they tried to protect the Liberal party while sacrificing him and his reputation.

'Dirty politics'

Vellacott and Laliberte say in a joint statement that they disapprove of the quote — "dirty politics" — that characterized the incident.

THE CANADIAN PRESS

Justin Bieber arrested in Miami, charged with DUI

Hard to Beliebe. A bratty teen pop star, alcohol, drugs, a yellow Lamborghini — what could go wrong?

So what could happen?

For a first DUI offence, there is no minimum sentence and a maximum of six months, a fine of up to $500, and 50 hours of community service.

When he debuted five years ago, Justin Bieber was a mop-haired heartthrob, clean cut and charming. But a series of troubling incidents have put his innocent image at risk, and none more so than his arrest on DUI charges Thursday.

Police say they arrested a bleary-eyed Bieber — smelling of alcohol — after officers saw him drag-racing before dawn on a residential street, his yellow Lamborghini travelling at nearly twice the speed limit.

The 19-year-old singer later admitted smoking marijuana, drinking and taking a prescription medication, police say. Unlike previous dustups, this arrest has him facing potential jail time.

Bieber was charged with DUI, driving with an expired licence and resisting arrest without violence. His Miami-Dade County jail mug shot showed the singer smiling in a bright red inmate jumpsuit, his hair still stylishly coiffed.

Bieber made his initial court appearance via a video link from jail. Bieber's bond was set at $2,500.

Bieber left jail about an hour after his court appearance, popping through a window of his black SUV in a black hoodie and sunglasses to wave to crowds of reporters and young girls waiting to see him.

THE ASSOCIATED PRESS

This police booking mug shot shows Canadian pop star Justin Bieber on Thursday. Bieber was arrested for allegedly drag-racing on a Miami Beach street. Police say Bieber has been charged with resisting arrest without violence in addition to drag racing and DUI. MIAMI-DADE COUNTY JAIL/THE ASSOCIATED PRESS

Feds push new Jobs Grant package

The federal government has offered the provinces and territories a new Canada Jobs Grant package as part of a "sensitive" third round of negotiations over the controversial proposal, says Employment Minister Jason Kenney.

The original proposal, which came shortly after the last federal budget was introduced, was less than perfect, Kenney acknowledged Thursday as he described a new offer that offers additional "flexibilities" to the provinces.

"I'm not suggesting the initial model that we proposed was ideal; to the contrary," the minister said in a speech to the Toronto Region Board of Trade.

At the same time, however, he expressed frustration with the fact other levels of government have been balking at something that he considers to be a common sense plan.

"It's so blindingly sensible, I don't understand why it's not widely accepted."

The main idea behind the job grant scheme remains intact as the talks enter the latest phase, Kenney said: giving those who create jobs more say over how tax dollars are spent on training programs.

The Canada Jobs Grant model, first proposed by the Harper government in last year's federal budget, was supposed to be in place by April, but several provinces objected because it would have meant an overall cut to federal funding for job training.

Ontario Training Minister Brad Duguid said earlier this week that he remains opposed to the fact that Ottawa intends to finance its share of the program by reducing transfer payments to the provinces.

The original plan was to create a $15,000 grant that Canadians could use to receive training for a specific job opening.

Kenney stressed that Canada is already short of skilled workers, and the pending retirement of thousands more across the country as the baby boomers retire will only make matters worse unless the right job training programs are in place.

THE CANADIAN PRESS

Going down? Diners bored while waiting on Ford, who was stuck between floors

Toronto Mayor Rob Ford arrived more than an hour late for a lunch-hour speech to the Economic Club of Canada today, saying he had been stuck in an elevator for 45 minutes.

The president and CEO of the club said she was trapped in the same elevator with Ford. Rhiannon Traill said the group took a freight elevator to "avoid all the traffic" in the lobby.

Ford was "so calm and gracious" during the ordeal, Traill said, noting they discussed his speech and his campaign for re-election.

"Unfortunately, we were stuck in between floors so they couldn't get us out for a while," she said.

Despite their best efforts, the group wasn't able to alert event organizers of the reason for the delay, Traill said.

The mayor himself would not elaborate on what happened.

Several members of the business crowd left before Ford's arrival, with one saying he had too much work to do and couldn't wait any longer.

THE CANADIAN PRESS

Alberta. Supreme Court won't hear appeal of man who hoped to save rabbits

The Supreme Court of Canada won't hear an appeal from a nature lover who tried to save the rabbits of Canmore, Alta., from a deadly cull.

The town decided several years ago to trap and kill its feral rabbits, which it said were devouring local gardens and attracting coyotes and cougars.

Daniel Onischuk, an Edmonton photographer, objected and went to court for an injunction, arguing trapping, sterilizing and relocating the rabbits was a better option.

The Court of Queen's Bench dismissed his suit, saying he had no standing to bring the application since he had no ties or interest in Canmore and the appeal court declined to hear an appeal.

The town began the trap-and-kill program in the fall of 2012. THE CANADIAN PRESS

Belgium

Dine-and-dasher discovered done-in

Authorities are investigating the death of a gastronomic freeloader as a possible murder. Two days after the father of Titus Clarysse found him dead in his apartment, investigators were looking on Thursday for suspects in what a spokesperson called "a case of murder or manslaughter." Clarysse was famed in and around the town of Ghent for walking into any restaurant of his choosing, ordering anything from steak to lobsters and walking out without paying.

THE ASSOCIATED PRESS

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PRAIRIEMOBILE COMMUNICATIONS

Fatal blaze ravages seniors' home in Quebec town

L'Isle-Verte. Many residents were over 85, and all but a handful were confined to wheelchairs and walkers

Just six months after Canadians were rocked by the Lac-Mégantic tragedy, another Quebec town found itself waiting to learn how many people it had lost after fire ripped through a seniors' residence Thursday.

And just like in Lac-Mégantic, the destruction struck shortly after midnight.

The unsuspecting community this time was L'Isle-Verte, a town of only 1,500 people in Quebec's scenic Lower St. Lawrence.

Police have confirmed that five people are dead and another 30 are missing.

Parts of the Résidence du Havre, which opened in 1997, had sprinklers, while others didn't. The local fire chief said sprinklers did go off, triggering the fire alarm and allowing firefighters to gain access to about one-third of the building.

Thursday's blaze erupted in the old part of the three-storey building, which a Quebec Health Department document from last July states was constructed of wood. The document also says the building had a fire alarm and that each room was equipped with a smoke detector.

Many of the residents were over 85 and all but a handful had limited movement, being confined to wheelchairs and walkers.

Town official Ginette Caron said only five residents in the 52-unit centre were fully mobile.

At least three people were injured, although the extent of their injuries was unclear.

THE CANADIAN PRESS

Investigators and firefighters look over the rubble where fire destroyed a seniors' residence in L'Isle-Verte, Que., Thursday. RYAN REMIORZ/THE CANADIAN PRESS

'Unconstitutional'

Virginia AG will no longer defend gay marriage ban

Virginia's attorney general has concluded that the state's ban on gay marriage is unconstitutional and he will no longer defend it in federal lawsuits challenging it, his office said Thursday.

In an email to The Associated Press, Michael Kelly, a spokesman for Attorney General Mark Herring, said the state will instead side with the plaintiffs who are seeking to have the ban struck down.

Herring planned to file a brief Thursday morning with the federal court in Norfolk, where one of the lawsuits is being heard, notifying the court of the state's change in position in the case, Kelly said.

The attorney general decided the ban was unconstitutional after a thorough legal review of the matter, Kelly said.

Virginia has emerged as a critical state in the nationwide fight for gay marriage.

THE ASSOCIATED PRESS

No sign of stopping

Opportunity rover logs 39 km since landing

The rover Opportunity may not be sleek like a brand new car, but it shows no signs of braking even after a decade on Mars.

Scientists and engineers gathered at the NASA Jet Propulsion Laboratory Thursday to celebrate the plucky rover, which has logged 24 miles (39 kilometres) since landing.

Opportunity has been exploring the rim of Endeavour Crater, its fifth crater destination. A new study of rocks examined by Opportunity and published in the journal Science found they're the oldest yet — about 4 billion years old. The rocks interacted with water during a time when environmental conditions were favourable for microbes.

Opportunity outlasted its twin Spirit, which stopped communicating in 2010 after getting stuck in sand. THE ASSOCIATED PRESS

Mark Adler

MP's crass comment at Western Wall was just a joke, he says

Toronto-area MP Mark Adler says he was just joking when he made a crass comment as Prime Minister Stephen Harper visited the Western Wall in Jerusalem.

Adler, situated behind barricades at the sacred site earlier this week, pleaded with one of Harper's aides to let him into the main event.

"It's the re-election! This is the million-dollar shot!" Adler said.

The MP for York Centre scoffed at reporters on Wednesday when he was asked about the comments in Tel Aviv, where Harper was bestowed with an honorary doctorate from Tel Aviv University.

"You guys don't get a joke, huh? It was all said tongue-in-cheek," Adler said.

The Prime Minister's Office denied Adler was in the doghouse for his remark.

THE CANADIAN PRESS

Indian woman says village council ordered gang rape

A 20-year-old Indian woman said she was gang-raped on the orders of a village council because she fell in love with a man from a different ethnic group, police said Thursday.

Twelve suspects and the head of the council have been arrested for the Monday night attack, police said. The woman told police that she lost count of how many men raped her. She was hospitalized Thursday in serious condition.

Television footage showed the woman, her face covered by scarves, being led into a hospital with an IV tube in her arm.

TV news reports said the woman is a member of an ethnic tribal group and the man is a Muslim from a neighbouring village. The man visited the woman's village, Subalpur, on Monday to propose marriage, but was caught by other villagers, and the man and woman were tied to a tree while the village council decided their fate, the reports said.

Men arrested in a gang rape are produced at a court in Bolpur, India Thursday. THE ASSOCIATED PRESS

Police official C. Sudhakar said the village council ordered the man and woman to each pay a fine of 25,000 rupees ($400). The man's family was able to pay, but when the woman's family said they were too poor, the council ordered the gang rape, police said.

A rash of high-profile rapes in India over the past year has sparked widespread outrage over chronic sexual violence and government failures to protect women.

The West Bengal case is particularly troubling because it was allegedly ordered by a council made up of village elders. Such councils are not legally binding in India, but they are seen as the will of the local community. The councils decide on social norms in the village, and in some cases they dictate the way women can dress or who they can marry. Those who flout the councils risk being ostracized.

Subalpur is about 180 kilometres north of Kolkata, the capital of West Bengal.

Annie Raja, general secretary of the National Federation of Indian Women, said that such local councils destroy women's rights.

"They are dead set against giving basic human rights to women," she said. "These are non-constitutional bodies and the West Bengal government should take stringent action against them."

THE ASSOCIATED PRESS

Ukraine opposition urges ceasefire, but protesters still appear defiant

Uneasy truce.
Leaders offer mixed reports of negotiations with president

Opposition leader and former WBC heavyweight boxing champion Vitali Klitschko, centre, addresses protesters near the burning barricades between police and protesters in central Kyiv, Ukraine, Thursday. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

A top opposition leader on Thursday urged protesters to maintain a shaky ceasefire with police after at least two demonstrators were killed in clashes this week, but some in the crowd appeared defiant, jeering and chanting "revolution" and "shame."

Emerging from hours-long talks with President Viktor Yanukovych, opposition leader Oleh Tyahnybok asked demonstrators in Kyiv for several more days of a truce, saying the president has agreed to ensure the release of dozens of detained protesters and stop further detentions.

But other opposition leaders offered mixed reports on the outcome of the meeting, with opposition leader Vitali Klitschko saying negotiations had brought little result.

He and Tyahnybok were booed at the barricades by angry demonstrators and the atmosphere appeared tense.

Interior Minister Vitaliy Zakharchenko issued a statement guaranteeing that police would not take action against the large protest camp on Independence Square, known as the Maidan. He also called on the police to exercise calm and not react to provocations.

The developments came as hundreds of enraged protesters in several regions in western Ukraine, where Yanukovych has little support, seized government offices and forced one governor loyal to Yanukovych to resign. THE ASSOCIATED PRESS

Protests

Rejecting Russian aid

The protests began after Yanukovych turned away from closer ties with the European Union in favour of getting a bailout loan from Russia. They turned violent this week after he pushed through harsh anti-protest laws, rejecting protesters' demands that he resign and call new elections. At least two people were killed by gunfire at the clash site on Wednesday. Demonstrators had pelted riot police with stones and set police buses on fire, while the officers responded with rubber bullets, tear gas and stun grenades.
THE ASSOCIATED PRESS

Iranian president gets spotlight at Davos forum

Iranian President Hassan Rouhani listens to welcome remarks during a session of the World Economic Forum in Davos, Switzerland, Thursday.
MICHEL EULER/THE ASSOCIATED PRESS

In a charm offensive to the global political and business elite, Iranian President Hassan Rouhani set lofty ambitions for his country, including becoming one of the world's top 10 economies.

The first Iranian leader in a decade to visit the World Economic Forum, Rouhani took top billing Thursday, drawing crowds to hear a speech in which he promised greater engagement with the world.

Touting potential investment opportunities of the oil-rich land to the business tycoons in the audience, Rouhani said his country could, with the gradual easing of sanctions, enjoy an economic boom.

And Tehran, he said, is committed to honouring a deal to curb its nuclear program in the hope that will lead to a permanent lifting of economic sanctions, which have battered the Iranian economy over recent years.

"I see the status of Iran pursuing policies of moderation, prudence and hope in the future global economy," said Rouhani. "Iran's economy has so far the potential to be among the world's top 10 in the next three decades."

For 2012, the International Monetary Fund judged Iran to be the 21st biggest economy in the world in terms of annual economic income, or nominal gross domestic product. To get into the top 10 it would have to leapfrog the likes of Switzerland, Turkey and Spain.
THE ASSOCIATED PRESS

Economic sanctions

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Is your go-to password 123456?

Then it's time to up your game. Research shows most online passwords are too easy

STEVE SMITH
Metro World News

Passwords are a nightmare to remember, but even so, we are incredibly bad at them. Research from password management company SplashData has discovered the majority of people undermine their security with easily guessed codes, and company CEO Morgan Slain highlights these failures.

Stop doing this!

SplashData found 9.8 per cent of users have the passwords 123456 or 12345678.

Are we changing our habits at all?

The main trends are that short numerical passwords are continuing to show up, even though more sites are requiring stronger alphanumeric passwords. Passwords like "adobe123" and "photoshop" showing up from the Adobe security breach last year highlight the risks of basing a password on the app or website you are logging into.

Everything needs a password these days, but how are we to remember them all?

The simplest answer here really is to use a password manager like SplashID Safe. Otherwise, it's difficult or impossible to remember dozens of unique, strong passwords. One way to create more secure passwords that are easy to recall is to start using passphrases, short words with spaces or other characters separating them. It's best to use random words rather than common phrases. For example, "cakes years birthday" or "smiles_light_skip?"

Is caramel colouring safe? FDA to find out

Coke and Diet Coke bottles sit on a store shelf in Miami. The U.S. Food and Drug Administration says there's no reason to believe that the colouring added to sodas is unsafe. But the agency is taking another look just to make sure. The agency's announcement comes in response to a study by Consumer Reports showing 12 brands of soda have varying levels of 4-methylimidazole, an impurity found in some caramel colouring. GETTY IMAGES

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HAVE TO BE BUZZED TO BELIEB

THE METRO LIST

Mike Benhaim
metronews.ca

Firmly settled into the new year, with the brisk winter upon us, we watch our resolutions crumbling by the hour. There remains a buzz, no longer of holiday cheer or annoying relatives, but of social media exploding with up-to-the minute news that matters most. Here are some of the items trending highest in this week's Twittersphere.

1 **The puppy that lost its way.** This week's top hashtags were #JustinBieber and #DUI. People forget that this is just a normal 19-year-old boy, experimenting with drugs, sex and cars. Is it his fault he just happens to have access to the very finest of all three? But he'll be OK, because just like an adorable little puppy, he can poop right on your shoes, and look at you innocently, as if to say, "Wanna rub my belly?"#WeWillAlwaysSupportYouJustin.

2 **Dennis Rodman.** The surest way for a celebrity (and I use the term loosely here) to trend high is to check into rehab. But this former NBA bad boy was already under fire for his relationship with Kim Jong-un, and compounded it by going nuts in a satellite interview (from North Korea) with CNN anchor Chris Cuomo. Nothing gets folks a-tweetin' like a rant so incoherent, it's incomprehensible to two cultures simultaneously. What's the Korean word for "huh?"

3 **Hilton-grooven.** Her audacious claim that she was "one of the top 5 DJs in the world" ignited online controversy until Paris Hilton explained that she was merely one of the top five "HIGHEST PAID DJs..." What followed was a global DJ community left in a silent state of melancholy introspection.

4 **Really, Rob?** Toronto's mayor revived his dwindling buzz with footage of yet another drunken jabberfest earlier this week. Reporters were unable to focus on budget-related questions after seeing him rant in faux-Patois at the Steak Queen restaurant. So much for getting "enough to eat at home."

5 **Greatest game ever, dude.** The Super Bowl always ranks high in online chatter, but this year features Seattle versus Denver, and takes place in New Jersey, where constituents just re-elected Gov. Chris Christie. So it's hard to gauge whether trending is due to the NFL's huge fan base, or the fact that everyone is stoned. One thing's for sure: Announcers will have to speak very slowly.

6 **Tennis, anyone?** Eugenie Bouchard became the first Canadian to advance this far in the Australian Open, but apparently that's not as interesting as her crush on Justin Bieber, according to the latest Twitter trend #GenieArmy.

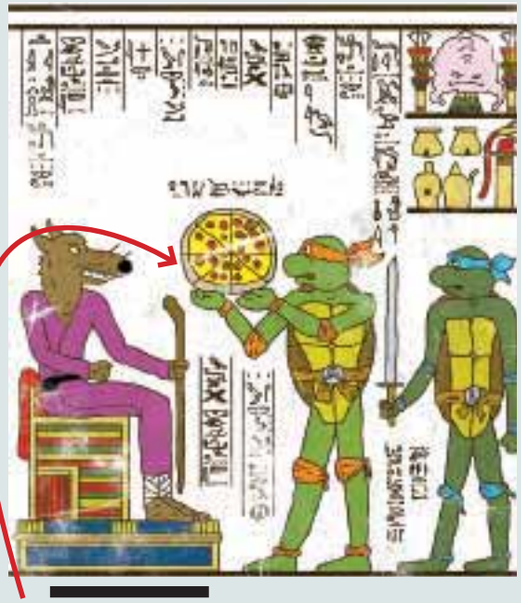
7 **In the wrong business.** Not on the list just yet, but on the topic of trends, iconic Canadian men's fashion chain Harry Rosen celebrates its 60th anniversary this coming month. I take a moment to reflect back on the memory of all of the contemporary brand-name fashions I was never able to afford, and still can't.

8 **Time well spent.** This week's highest-ranking online subject went to Oxfam's report that the world's 85 richest people have as much wealth as half of Earth's population. What they don't tell you is that it's because the bottom half spends the majority of their time tweeting and posting selfies on Instagram. The other 85 are shopping at Harry Rosen as we speak.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Hero-glyphics are a Marvel to behold



COURTESY JOSHLANEDESIGN.COM

TV icons star in ancient artwork

An artist has transported superheroes into a world of sacred myths, by drawing them in hieroglyphics. In his series Hero-glyphics, Josh Lane blends our favourite TV and comic-book characters — from Star Trek and Teenage Mutant Ninja Turtles to X-Men (not pictured) — with the ancient Egyptian art form. METRO

Q and A

Accidental genius

JOSH LANE
Graphic designer and illustrator, 27, from Kansas City, Mo.

What was the inspiration for the superheroes?

I tend to read very fast, which is usually a curse, but one time I read the word "hieroglyphics" as "hero-glyphics." Immediately I started daydreaming about the possible hero scenarios and combinations.

In a world where the Egyptian gods could fight Marvel superheroes, who would win? Osiris and Anubis, or the X-Men?

The X-Men for sure, because they are a team. I could see the Egyptian gods fighting each other for power, leaving an opportunity for the X-Men to strike.

Clickbait

GETTY IMAGES

Deciding where you want to eat can be tough, even before those pesky hunger pangs kick in. So if you want to find a restaurant quickly, and also give the impression you are a gastronomical crackerjack, check out these apps.

Foodspotting:

This app knows that you eat with your eyes first. It lets you view photos of various dishes arranged by best, latest and nearest to you that have been uploaded by other patrons. Once you've found a drool-worthy dish, you can access the restaurant's info.

Open Table:

You can take advantage of your co-ordinates to find a restaurant and reserve a table. There are other auxiliary features such as searching restaurants by name, the interactive map, and you can also access restaurant info via a link to the site.

Vegout:

It lets you find vegetarian/vegan/vegetarian-friendly restaurants based on your location. The only drawback is it doesn't allow you to type in a specific restaurant.

Twitter

@metropicks asked: A stall with 2 toilets at a Sochi stadium has left many flushed. What is the strangest toilet set-up you have seen?

@nicolemartelle: 2 toilets in one stall (the stall connecting wall was torn down) in high school. fixed it after 2 days

@kokoskag: I have seen the double toilet set up in NFLD. Didn't look as nice as this though!

@strangerob: 3 seat thunderbox on several ftx, or possibly the latrine in Ft Lewis that had something like 6 toilets in a row.

@Dweller15: it's not new and not funny,take a look internet full of that crap

@beccawhite1984: that would be great if you have kids. They usually have to go at the same time.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Synopsis

I, Frankenstein, Aaron Eckhart's martial arts update of the famous Mary Shelley story, wasn't screened for the press in time to meet our deadline, so after a long conversation with our editor the Reel Guys have decided to do a column on Eckhart's oeuvre. At least that's how we see it. Our boss has a different idea. "As your editor I demand a thorough dissection of Eckhart's abs," she wrote before adding: "More than pretty, Eckhart is." What follows is our humble attempt to mix cinematic business with our editor's pleasure.

Aaron Eckhart in a scene from I, Frankenstein. Metro's movies editor digs Eckhart's physique, but the Reel Guys say there's more to him than abs and cleft. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Why we love Aaron Eckhart

A-lister. He's got the acting chops ... and that cleft. So why isn't he a household name?

Richard: Mark, Aaron Eckhart isn't exactly a household name, but he has appeared in some very big movies. He's the only live-action actor in the Batman films to play both Harvey Dent and his villainous alter-ego Two-Face. The Dark Knight is by far and away his biggest hit, followed by his star-making turn in Erin Brockovich. But despite those box office busters we don't talk about the handsome actor in the same breath as A-listers like Cruise, DiCaprio or Smith. He has the above-mentioned abs and is versatile enough to star in everything from video game action movies like Battle: Los Angeles to hardcore dramas like Rabbit Hole and yet doesn't get the same recognition as many of his peers. What's your take on him?

Mark: You mean the cleft that walked like a man? I could probably fit my grad thesis in there! Eckhart exploded onto my radar with two films he did in the late '90s, both by the cynical playwright Neil LaBute: In the Company of Men, and Your Friends & Neighbors. In both films he plays despicable, almost un-watchably misogynistic men. The key word here is almost. As rotten as he behaves in these movies, there's an inchoate grace under the surface that redeems the characters, and it's a testimony to his acting skills that he can keep us watching. And that cleft.

RC: Some like the cleft, some the abs. I like his versatility. In a year span between 2010 and '11 he released three very different movies. In Rabbit Hole, he and Nicole Kidman were a couple trying to deal with the death of their four-year-old son. They are at different stages of their grief, but they share a couple of things: a terrible sense of loss and an inability to know how to deal with it. Terrific stuff. Next was the alien invader movie Battle: Los Angeles followed by The Rum Diaries where he played a slick PR person. Three different movies and three very different performances. Maybe we have a hard time defining him because he constantly does wild career flip-flops.

MB: Or because there's an opacity to him that allows him to play so many compromised characters, allowing us to project our feelings onto him. Look at one of his finest roles, as the tobacco lobbyist in Thank You for Smoking. He's so slick, so shifty, we don't judge him, precisely because we don't really know him. A quality that's great for an actor, but less so for a movie star. I really liked him in Rabbit Hole and Rum Diaries, too, but his mainstream work doesn't register with me as much. Except for his cleft.

RC: He's made a number of movies I wouldn't recommend for the big screen but work well enough as rentals. Two action films, Erased and Suspect Zero, are very VOD friendly and feature many cleft hero shots.

MB: Or two romantic comedies that would have been disastrous without him: No Reservations and Love Happens. He doesn't do nude scenes in them, though, because in close-up you couldn't tell if it were his backside or his cleft.

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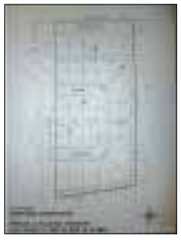

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Great 2 bdrm character home in desirable Arnhem Place. This home features many updates which are refinished hardwood floors, lino in kitchen & bath, light fixtures, paint, pvc windows, shingles, he furnace, custom kitchen cabinets & counters, appliances, basement braced with engineer's docs, Needs nothing, shows great!

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Terry Hnatiuk
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Classics get reeled into the digital era

Planet of the Apes CONTRIBUTED

Great Digital Film Festival. Check out your favourite films in a fine new format

CHRIS ALEXANDER
scene@metronews.ca

With celluloid withering as the cinema-screening media of choice, the digital revolution is not only here to stay, it is — dare we say — superior to its sprocket-dependent predecessor. Purists be damned, with digital projection you don't get colour fades, melted frames, strip breaks or foreign hairs dancing in the corners of the screen.

If you want to watch your favourite movies and experience them in a state of rebirth, digital is quite simply the way to go.

The exhibitors at Cineplex have embraced this change, hence the latest installment in their annual Great Digital Film Festival, returning Jan. 31 to Feb. 6 to select Cineplex screens across Canada. Over 20 celebrated classics of cinema, from superhero gems to cult oddities will be screening. Metro has selected a handful of pictures that are essential HD viewing experiences.

Planet of the Apes (1968)

It doesn't get much better than this retro-future shock masterpiece, in which Charlton Heston plays an astronaut jettisoned back to the primal future where simians hold court and humans are livestock and worse. A brilliant nightmare that spawned an entire subculture is exhibited here in a gorgeous, crisp transfer.

Brazil (1985)

Terry Gilliam's surrealist dystopian mind-bender has no peer, with kinetic visuals, wild-eyed performances (including a hilarious turn by Robert De Niro) and social commentary smashed into one mad, mad movie. A must-see.

Logan's Run (1976)

Join Michael York and Jenny Agutter as lovers on the run in a beautiful, abstract and distinctly '70s-centric future where the government allows each citizen 30 years of life before they are ritualistically executed. The film is a landscape of blown out whites and becomes an all-consuming environment on the big screen.

FOR A COMPLETE LIST OF FILMS, SCREENING TIMES AND PARTICIPATING THEATERS VISIT CINEPLEX.COM/EVENTS/DIGITALFILMFEST

Penn State doc gets blessing

The filmmaker behind the new documentary about the Penn State sexual-abuse scandal says that both the family of Joe Paterno and the lawyer for the victims expressed satisfaction with the film.

"To have total polar opposite perspectives feel a sense of gratification that the film represents their perspective accurately is really something I am proud of," said documentarian Amir Bar-Lev in an interview at the Sundance Film Festival, where Happy Valley premiered.

Bar-Lev screened the film for Joe Paterno's widow, Sue, his two sons, Scott and Jay, and attorney Tom Kline before it premiered. All appear in the film.

Happy Valley explores the case that engulfed the town of State College, Penn., where Penn State is based and which is also known as Happy Valley.

Happy Valley explores the case that consumed State College, Penn. CONTRIBUTED

Now a convicted serial child-molester, Jerry Sandusky, the former Penn State assistant football coach, was then accused of molesting children, and key people, including former head coach Paterno, were said to have turned a blind eye.

Paterno died with a tarnished image and the town was rocked by their fallen saints. Jerry Sandusky did not speak for the movie, but his son Matt Sandusky did.

To get Matt Sandusky to agree to participate in the documentary, Bar-Lev assured him the movie wouldn't solely rely on the stories of Sandusky or Paterno, but would focus on the torn Happy Valley community. **THE ASSOCIATED PRESS**

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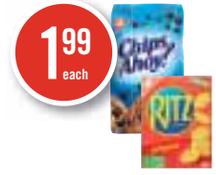

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Whitewash unleashes the cold and the complex upon Thomas Haden Church

Deep freeze. Actor braved both a complicated character study and cornstarch storms for his new role

RICHARD CROUSE
scene@metronews.ca

It wasn't the wind and snow that Thomas Haden Church found "punishing" when shooting the new psychological thriller Whitewash in northern Quebec, but the lack of it.

"You know how it goes," he says. "You shoot one day and it's the perfect conditions and two days later it's 50 degrees (10 degrees Celsius) and you have to figure out a way to make it match. We had blizzards and we had giant fans with cornstarch.

"When we started shooting there was a storm blowing in but as God would have it three hours later there's not a flake of snow floating through the air so they pull out the eight-foot fans and crank up the Corvette engines that drive them and start hucking cornstarch at me.

"It is still cold as all get out, and with those fans blowing sometimes you wish the blizzard would come back and they'd turn the fans off. Those fans will fling stuff at you at sixty miles an hour. Those things are punishing to stand in front of."

The cornstarch plays a crucial role in the film's opening and defining scene. During a whiteout snowstorm — enhanced with the white, fluffy thickener for extra effect — Church's character Bruce takes a wild, drunken ride on a bulldozer that leaves a man dead.

Unnerved, he hides the body in a snow bank and lams it to the deep woods to avoid police and clear his head.

Thomas Haden Church stars in Whitewash, which opens in Toronto and Ottawa this weekend. CONTRIBUTED

"When I read it a buddy of mine who works with me said, 'You know, sometimes you read 'em and you know what you know. You gotta go.' I knew as soon as I read Whitewash I had to go. The challenges, the character, the uniqueness of the setting, the emotional complexity of what he goes through. There is tragedy but I think by the end of the movie there is this affirmation that everybody landed on the mortal coil where they were supposed to be."

Church is in virtually every scene and delivers an extraordinary, minimalist performance.

He doesn't appear to be doing much, but subtly rides the lines between sanity and insanity, between absurdity and logic, leaving the viewer off balance as the film veers between the present and flashbacks.

"Even as far back as working in television comedy as I did, I always wanted more nuance, more reflection, more moments of whatever the whisper line between comedy and drama is," he says.

"That really is defined by human circumstance and human behaviour. Even when we were promoting this picture that I did called Sideways, we'd do these big Q&As and one time this guy said, 'It must be really interesting. In the dramatic scenes you make very dramatic choices and in the comedic scenes you make very comedic choices.' No man, maybe it sounds a bit elitist or pseudo-intellectual but I make human choices. I'm just trying to play a real guy."

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 24 TO THURS., JAN. 30 TIMES ARE SUBJECT TO CHANGE.

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Star & Strollers Screening Wed 1:30
American Hustle (14A) Fri 6:50-10 Sat-Sun 12:30-3:40-6:50-10 Mon-Tue 5:30-8:30 Wed 1:50-5:30-8:30 Thu 5:30-8:30
Anchorman 2: The Legend Continues (PG) Fri 7:25-10:15 Sat-Sun 12:55-4:15-7:25-10:15 Mon-Thu 5:25-8:10
Star & Strollers Screening Wed 1:30
Frozen (G) Sat-Sun 1:10
Frozen 3D (G) Fri 7:10 Sat-Sun 3:55-7:10 Mon-Tue 5:45 Wed 2:10-5:45 Thu 5:45
Her (14A) Fri-Sun 9:45 Mon-Thu 8:20
The Hobbit: The Desolation of Smaug 3D (PG) Fri 9 Sat-Sun 1:50-5:30-9 Mon-Tue 7:45 Wed 2-7:45 Thu 7:45
The Hunger Games: Catching Fire (PG) Fri 6:40-9:55 Sat-Sun 12:20-3:30-6:40-9:55 Mon-Tue 5:20-8:25 Wed 1:40-5:20-8:25 Thu 5:20-8:25
Paranormal Activity: The Marked Ones (14A) Fri 7:40-9:50 Sat-Sun 1:40-4:35-7:40-9:50 Mon-Tue 5:50-8:45 Wed 2:10-5:50-8:45 Thu 5:50-8:45
Saving Mr. Banks (G) Fri 7:15-10:05 Sat-Sun 1:20-4:10-7:15-10:05 Mon-Tue 5:55-8:40 Wed 1:40-5:55-8:40 Thu 5:55-8:40
The Secret Life of Walter Mitty (G) Fri 7:30-10:10 Sat-Sun 1:30-4:25-7:30-10:10 Mon-Tue 5:35-8:15 Wed 2-5:35-8:15 Thu 5:35-8:15
The Wolf of Wall Street (18A) Fri 8:45 Sat-Sun 12:45-4:45-8:45 Mon-Tue 7:30 Wed 1:50-7:30 Thu 7:30

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

Anchorman 2: The Legend Continues (PG) Fri-Sun 10:25 Mon-Thu 9:35
August: Osage County (14A) Fri 4:10-7-9:50 Sat 1:20-4:10-7-9:50 Sun 1:20-4:10-9:50 Mon 9:45 Tue-Thu 7:05-9:50
Devil's Due (14A) Fri 4:15-8:15-10:35 Sat 1:15-3:35-5:55-8:15-10:35 Sun 12:50-3:10-5:25-7:40-9:55 Mon-Thu 7:45-10:05
Frozen (G) Sat 11:50 Sun 12
Frozen 3D (G) Fri 4-7:45 Sat 2:25-5:05-7:45 Sun 2:35-5:10-7:50 Mon-Thu 6:55
Giselle From the Royal Opera House (STC) Mon 7
The Hobbit: The Desolation of Smaug 3D (PG) Fri 4-6:40-10:05 Sat 11:45-3:15-6:40-10:05 Sun 12-3:25-6:50-10:15 Mon-Thu 8
I, Frankenstein 3D (PG) Fri 5:30-8-10:30 Sat 12:40-3:05-5:30-8-10:30 Sun 12:35-3:05-5:30-7:55-10:20 Mon-Thu 7:50-10:10
Jack Ryan: Shadow Recruit (PG) Fri 5:25-7:55-10:30 Sat 12:20-2:55-5:25-7:55-10:30 Sun 1:30-4:05-7:15-10:30 Mon 7:10-10:15 Tue-Thu 7:25-9:55
Lone Survivor (14A) Fri 4:35-7:25-10:20 Sat 11:05-1:45-4:35-7:25-10:20 Sun 1:45-4:35-7:25-10:10 Mon-Thu 7:15-10
National Theatre Live: Coriolanus (STC) Thu 7
The Nut Job (G) Sat 12:25 Sun 12:30
The Nut Job 3D (G) Fri 4:55-7:10-9:25 Sat 2:35-4:55-7:10-9:25 Sun 2:40-4:55-7:10-9:25 Mon-Thu 6:50-9:05
Ride Along (PG) Fri 5:10-7:40-10:10 Sat 12:10-2:40-5:10-7:40-10:10 Sun 12:20-2:45-5:10-7:35-10 Mon-Thu 7:35-10:10
The Smurfs (G) Sat 11
The Wolf of Wall Street (18A) Fri 4:20-6:30-10:15 Sat 11-2:45-6:30-10:15 Sun 12:45-4:45-8:45 Mon-Wed 8:30
WWE Royal Rumble - 2014 (STC) Sun 7

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flight of the Butterflies 3D (STC) Fri-Sun 1-3:30-7 Tue-Wed 1-3:30 Thu 1-3:30-7
Kenya 3D: Animal Kingdom (STC) Fri-Sun 2:15-4:45 Tue-Wed 2:15 Thu 2:15-4:45
No Films Showing Today (STC) Mon

Golden Mile
3806 Albert St.

Captain Phillips (PG) Fri-Thu 6:30-9:10
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:15-3:50-6:50
Dallas Buyers Club (14A) Fri-Thu 1:20-3:55-6:35-9:15
Delivery Man (PG) Fri-Thu 9:25
Despicable Me 2 (G) Fri 1:10-3:50 Sat-Sun 1:10 Mon-Thu 1:10-3:50
Gravity (PG) Fri-Thu 1:25-3:45-6:40-9:15
Last Vegas (PG) Mon-Thu 7-9:20
Nebraska (PG) Fri-Thu 1:10-6:50
Philomena (PG) Fri-Thu 1:15-4-6:40-9:20
Thor: The Dark World (PG) Fri-Thu 1:10-3:45-6:30-9:05
Walking With Dinosaurs (G) Fri-Thu 1:30-4:05

Regina Public Library Film Theatre, 23 11 12th Ave.

20 Feet From Stardom (PG) Fri 9 Sat 7 Sun 9
Bastards (STC) Fri 7 Sat 9 Sun 7
Design Is One: Lella & Massimo Vignelli (STC) Thu 9
Ghost (STC) Wed 6:45
The Human Scale (STC) Thu 7
No Films Showing Today (STC) Mon-Tue

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Good Lorde! Taylor really is BFFs with just about everyone

MELINDA TAUB
Metro World News

Is there anyone Taylor Swift isn't BFFs with? She hangs out with everyone from sitcom stars like Sarah Hyland from Modern Family and to indie darlings like Lena Dunham to fellow pop stars like Selena Gomez. And now, apparently, she's added Lorde to her collection.

In a Rolling Stone profile, Lorde says she often texts Taylor for advice, even about something as minor as which knickknack to buy for her home. "Taylor's supergood at this stuff," the Royals singer says. "She's decorated her own houses for ages."

The two young stars weren't always so lovey-dovey — Lorde once told a reporter that she thought Swift was a bad influence. "Taylor Swift is so flawless, and so unattainable, and I don't think it's breeding anything good in young girls (who might think) 'I'm never going to be like Taylor Swift, why can't I be as pretty as Lorde?' That's bulls.," she said.

So how did the two end up BFFs? Because Taylor's a class act, pretty much, and sent Lorde a bouquet of roses when Royals hit No. 1. "I was floored," Lorde admits. Is there anyone Taylor can't win over? I really think she is laying the groundwork for a major showbiz power grab, backed by her cadre of female starlets of every stripe. And I could not love it more.

Lady Gaga ALL PHOTOS: GETTY IMAGES

Big money lawsuits and disputes aplenty, just another day being Gaga

Lady Gaga is trying to keep some things secret, particularly a settlement with a former producer, which she's vying to have sealed, according to Radar Online. Producer and ex-boyfriend Rob Fusari filed a $30.5 million lawsuit against Gaga in 2010, claiming he helped transform Stefani Germanotta into the pop star she is today. The suit was settled out of court, with the details of the settlement sealed at the time, but now Fusari is being sued by another producer, Wendy Starland, who claims she also helped discover Gaga, and the discovery phase of that suit could unseal the documents from the first suit. "In 2010, Germanotta entered into a confidential settlement agreement with Fusari and Rob Fusari Productions, resolving certain disputes, unrelated to the instant action, that had arisen between them," Gaga's lawyer writes in the filing. "These documents include sensitive financial information that could inflict significant professional harm upon Germanotta if disclosed."

Mariah Carey

Mariah and hubby want to be Roc and Roe stars

Mariah Carey and Nick Cannon are working on a children's book. Scholastic announced Thursday that it has acquired the couple's Roc and Roe's Twelve Days of Christmas, a picture story scheduled for release this fall. Illustrated by A.G. Ford, the book is a holiday tale featuring twins Moroccan and Monroe, to whom Carey gave birth in 2011. Scholastic is billing the book as an "adorable" take on a famous Christmas carol. THE ASSOCIATED PRESS

Liquid Assets

Toast Burns and blends

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Though not on par with Robert Burns, Anchorman Ron Burgundy's quote, "I love scotch, scotchy, scotch, scotch" is poetry to whisky lovers. Not like scotch needs celebrity endorsement. It's been rocking the spirit world for centuries with a cult of collectors who talk up their inventory numbers with the same relish that a tweeter does followers. And it continues to gain new members.

While single malts (made at a single distillery, in a pot still, from only malted barley) get attention because of big flavours, a scotch producer confessed to me that he felt "the art was really in the blend." Created from a combo of grain and malted whiskies, blends offer a rounded alternative to the aggressiveness of single malts.

Those looking for a tipple to toast Robbie Burns' 255th birthday this weekend might consider The Famous Grouse (750 ml, $28.05 - $29.99), the most popular blended whisky in Scotland. Smooth and lightly malted, its blend includes heavy weight single malts, The Macallan and Highland Park.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Snack collision: Buffalo wings and nachos

Party food. These two classics team up for big and bold flavour

1. Heat the oven to 400 F. Line a rimmed baking sheet with foil and coat with cooking spray.

2. To make the buffalo sauce, in a medium saucepan over medium heat, combine the RedHot sauce, barbecue sauce and butter. Heat, stirring, until the butter is melted and thoroughly blended. Set aside.

3. Remove all of the meat from the chicken, cut into bite-sized pieces and place in a large bowl. Pour the buffalo sauce over the chicken, then toss well to coat. Set aside.

4. Spread the tortilla chips in an even layer over the prepared baking sheet. Sprinkle the cheddar cheese evenly over the chips. Using tongs or a fork, spread the chicken evenly over the cheese and chips.

5. In a small bowl, toss together the Mexican-style cheese and the blue cheese, then sprinkle evenly over the chicken. Top with the olives and scallions. Bake for 10 to 15 minutes, or until the cheese is melted and just starting to brown. Serve with salsa and sour cream.

THE ASSOCIATED PRESS

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1/2 cup Frank's RedHot Sauce
- 1/4 cup barbecue sauce
- 1/4 cup butter
- 2-lb rotisserie chicken
- 7 1/2 oz tortilla chips
- 8 oz each grated cheddar cheese, Mexican-style shredded cheese
- 1/2 cup crumbled blue cheese
- 3.8-oz can sliced black olives
- 1 bunch scallions, sliced
- Salsa, to serve
- Sour cream, to serve

Seven levels of potato skin heaven

1. Heat oven to 400 F. Line rimmed baking sheet with foil, then coat with cooking spray.

2. Poke potatoes all over with a fork. Microwave on high until tender, 12 minutes depending on the wattage of microwave. Cool until easily handled.

3. Meanwhile, in skillet over medium, heat 1 tablespoon of oil. Add onions and cook until softened, 15 minutes.

4. When potatoes cool, cut them in half. Scoop out and reserve insides, leaving a 1/4-inch-thick wall of potato flesh on the skin. Arrange halves skin sides down on prepared baking sheet. Brush with remaining tablespoon of oil. Sprinkle with salt and black pepper, then bake for 15 to 20 minutes, or until crisped and browned.

5. Meanwhile, in bowl stir reserved potato flesh and sausage. Season with salt and pepper, if needed. In bowl, stir the sour cream and garlic. Set aside.

6. Once potato skins have baked, start layering. Spoon a bit of caramelized onions into bottom of each shell. Top with the sausage-potato mixture. This should mostly fill the shell. Sprinkle crumbled bacon over the potatoes, followed by cheese. Bake for another 10 minutes. Top with a dollop of the garlic sour cream and sprinkle with the scallions. Serve. THE ASSOCIATED PRESS

Ingredients

- 8 medium potatoes
- 2 tbsp vegetable oil, divided
- 2 large yellow onions, diced
- Salt and ground black pepper
- 8 oz loose sausage meat, cooked and crumbled
- 1/2 cup sour cream
- 2 cloves garlic, minced
- 8 slices cooked bacon, crumbled
- 1 cup shredded cheddar cheese
- 2 scallions, sliced

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

A damsel's many days without knights

A pen but no partner. My boyfriend's back ... oh wait, he was never there in the first place

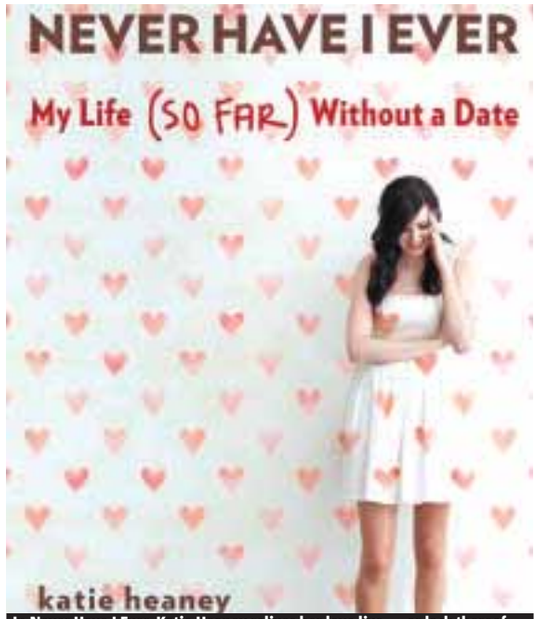
ANDREA PARK
Metro World News

Katie Heaney, author of Never Have I Ever, has never had a boyfriend. Her book, which details her chronically single, sex-less life in college and in Minneapolis, has struck a chord with young people everywhere who know what it's like to be unlucky in love. Heaney talked to us about her book and the lessons she's picked up along the way.

Have you heard from people who are in the same situation as you?
I've gotten a couple of hundred emails by this point — I've lost count.

Was it hard for you to write this book and reveal so much about yourself?
I think when I was writing it I didn't know what was going to happen. It allowed me to be open and honest because there was no way for me to know who would ever see it, so I think it was lucky that it worked out that way. It was only in the last few months that I started to get more nervous about it.

Why do you think your book has gotten so much attention?
I think it's something a lot of people relate to — not necessarily to the extent that I've been single, obviously, but no one's entire romantic life is perfect and so I think whether or not someone's dated a lot or a little they're able to still recognize there's this emotional dramatic anxiety about it. It's just kind of a fun thing to laugh about that for some reason doesn't get talked about a lot because people are embarrassed to admit the fact that they're not all Casanovas or whatever.



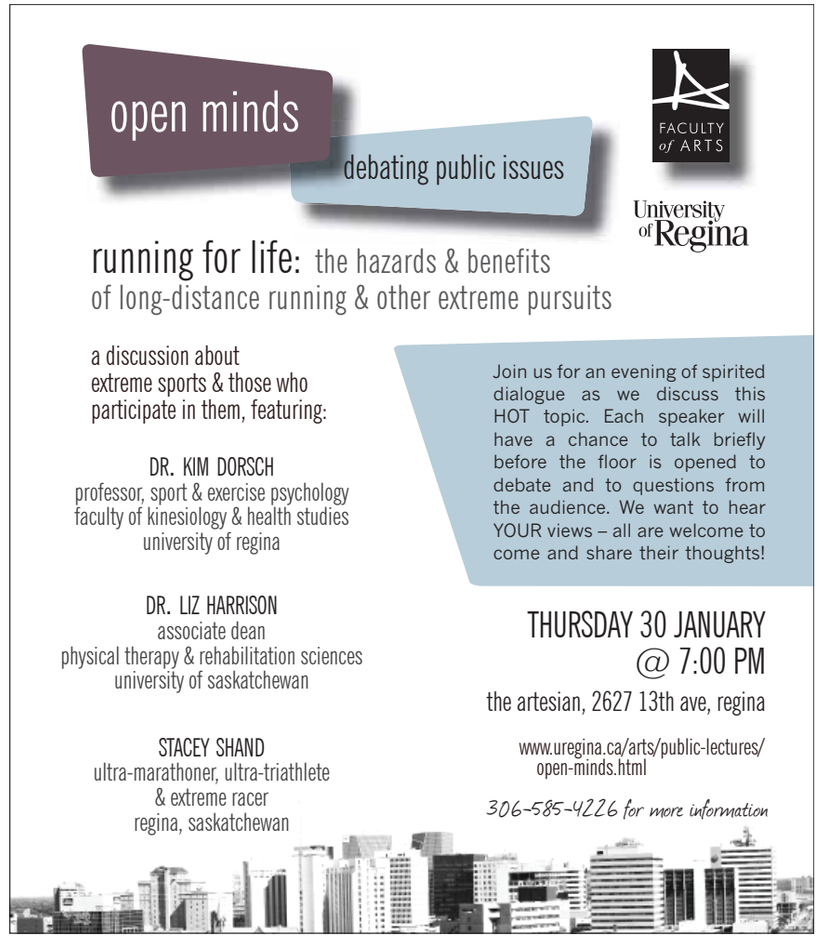
In Never Have I Ever, Katie Heaney relives her love live — or lack thereof — from childhood to the age of 25. CONTRIBUTED

The timeline of your book ends two years ago. Do you think you've grown a lot since then?
I don't think it's been a dramatic two years but I think it's the normal amount any person would evolve and change under the circumstances. I think I've become much less risk-averse than I used to be. I've decided to embrace adventurousness in my mid-20s.

And you've dated since the book. What do you think changed?
One of the guys I dated was maybe a year after the timeline of the book. It wasn't really a change. I just met him online and thought it was worth giving it a shot. It wasn't a thing where I realized I was doing something wrong. I was the same person — I just maybe decided to give it another try. It's not like there were literally zero opportunities to date. It's just been figuring out which people appeal to me or not and then also teaching myself to make an effort and not be so afraid.

Is that what the difference is? Putting yourself out there?
I'm certainly trying to evolve in some way or another and it's still very much a back and forth in my own head, "Well, do I really want to do Tinder? Do I really want to be set up by my friends?" I still have a resistance about stuff. I'd much rather have things happen naturally and not make this huge deal out of it. I think my mindset and enthusiasm for dating shifts back and forth, just like a lot of people's does.

Are you anxious that people will judge you for not having had a boyfriend?
You know, now, it's very, very public. I think that in some ways it's kind of a relief to have that — it's been out there for a while because before the book came out, all my friends who looked me up online would see I had the book coming out. But I think that having that known is kind of just a relief for me because anyone who I would go out with is going to know that that's true and I don't have to get into it because it's already out there. It's not really a big source of drama for me. I'm not embarrassed for me — I think it's something that's funny to talk about.


open minds
debating public issues
FACULTY of ARTS
University of Regina
running for life: the hazards & benefits
of long-distance running & other extreme pursuits
a discussion about
extreme sports & those who
participate in them, featuring:
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professor, sport & exercise psychology
faculty of kinesiology & health studies
university of regina
DR. LIZ HARRISON
associate dean
physical therapy & rehabilitation sciences
university of saskatchewan
STACEY SHAND
ultra-marathoner, ultra-triathlete
& extreme racer
regina, saskatchewan
Join us for an evening of spirited dialogue as we discuss this HOT topic. Each speaker will have a chance to talk briefly before the floor is opened to debate and to questions from the audience. We want to hear YOUR views – all are welcome to come and share their thoughts!
THURSDAY 30 JANUARY
@ 7:00 PM
the artesian, 2627 13th ave, regina
www.uregina.ca/arts/public-lectures/open-minds.html
306-585-4226 for more information

No security blanket necessary for Sochi

Opening ceremony. Wickenheiser embraces chance to lead Canadian athletes into Olympics

Hayley Wickenheiser doesn't put much stock in the flag-bearer's curse.

The hockey star, who will carry the Maple Leaf into the opening ceremonies of the Sochi Olympics, says the idea that she and her teammates could be under any more pressure is absurd.

After all, they play a sport that many in Canada consider religion. So any sort of cosmic jinx pales in comparison to the weight of an entire country's expectations for the women's team to win a fourth straight gold medal in Sochi.

"I think there's just too much emphasis put on that," Wickenheiser said Thursday via conference call from Austria.

"The country expects a gold medal. Whether I carry the flag or not, I'm pretty sure our team doesn't feel any extra added incentive that there's more pressure to perform, because we already feel that already."

Not all athletes see it that way. Diver Alexandre Despatie felt it would be a distraction and said he'd decline any offer to carry the flag at the 2012 London Games.

Kayaker Adam van Koeverden carried the flag at the 2008 Beijing Olympics and finished a disappointing eighth in the 1,000 metres — although he did win silver in the 500.

Moguls skier Jean-Luc Brassard blamed his disappointing performance at the 1998 Nagano Olympics on being the flag-bearer a day earlier.

Wickenheiser and her teammates hope the same thing doesn't happen to them. Hockey Canada says the women will march in the Feb. 7 opening ceremonies despite playing their first game the following night versus Switzerland.

Brassard, the assistant chef de mission for the Sochi team, was on the panel that selected Wickenheiser along with chef de mission Steve Podborski, assistant chef France St. Louis and one athlete representative. Hockey Canada nominated her for the honour.

"Throughout her successful career, this Canadian athlete has demonstrated true Canadian grit, patriotism and sportsmanship," said Podborski, adding that Wickenheiser will lead the Canadian team with "the utmost pride and class."

Wickenheiser is embracing the opportunity to put her sport centre stage.

"What I think it does is it shines a very positive light on the sport of women's hockey and just on our sport in general for the world to see," said the 35-year-old forward. "That's a great responsibility and expectation that every nation in the world has to carry in and I think should really embrace." THE CANADIAN PRESS

Great White hopes

"The pressure that we feel is the pressure that always comes with playing hockey as a Canadian hockey player, whether you're male or female."

Canadian hockey star Hayley Wickenheiser

Hayley Wickenheiser in St. Poelten, Austria, on Thursday. THE ASSOCIATED PRESS

Pioneer of the game

Hayley Wickenheiser, who is at a pre-Olympic camp in Austria and wasn't able to attend the formal announcement Thursday on Parliament Hill, will be making her sixth Winter Olympic appearance.

- But for the first time since 2006, she won't be Canada's captain. Caroline Ouellette has been handed that job, while Wickenheiser will be an alternate.
- Wickenheiser and teammate Jayna Hefford will be the only players in the 2014 women's tournament who have played in every Games since female hockey made its debut in 1998.

CFL. Chamblin chomping at the bit for next season

Saskatchewan Roughriders head coach Corey Chamblin is ecstatic about his coach of the year nomination for the 2013 CFL season but says his eyes are already on this year's prize.

"That was pretty exciting to be mentioned with those two great guys," Chamblin said, referring to Hamilton Tiger-Cats coach Kent Austin and Calgary Stampeders coach John Hufnagel, who are also nominated for the award.

"My family was ecstatic, and it was a good nomination."

The nomination, according to Chamblin, is the product of a strong team effort.

"The staff have done a great job to help me ... have that nomination," he said.

"I think it would be an awesome deal for our coaches in staff to have that."

Last year, during his second season as the Riders' head coach, Chamblin led the team to a 45-34 home-turf victory over the Ticats in the 101st Grey Cup game.

Chamblin, though, said it's time to look toward the upcoming campaign.

"We had our celebration period, but it's time to make sure that we're putting in a good football team for 2014," Chamblin said.

The coach has been scouting in the U.S. recently, watching NCAA Senior Bowl workouts and looking at offence and special teams.

According to Chamblin, the most important factor in deciding on the next Riders roster is competition for positions.

"It's not turnover because we want it," he explained.

"It's leaving room for turnover, because we found some guys who are just as good as the ones that we have."

The coach of the year will be named in Ottawa on Feb. 5. SARAH TAGUIAM/METRO

Roughriders head coach Corey Chamblin speaks to reporters on Thursday at Mosaic Stadium. SARAH TAGUIAM/METRO

JADE SMOKER'S CORNER TOBACCONIST
E-Cigarette Headquarters
Featuring jet & blu Rechargeable E-cigarettes
Cubita
Cuban coffee now available!
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Horoscopes

♈ Aries
March 21 - April 20
There is no point being angry about what you have to leave behind. The planets are pointing you in a new direction and urging you to take that first brave step into the unknown.

♉ Taurus
April 21 - May 21
Why are you so excitable? Whatever the reason, you will be on the go from dawn to dusk today. You may need to rest and get your energy back tomorrow but for now you are a ball of energy.

♊ Gemini
May 22 - June 21
You don't have to be especially dynamic today. In fact, if you wait for good things to come your way, they will. Also, your way with words will get what you desire in most situations.

♋ Cancer
June 22 - July 23
Someone will come to you for advice and although you don't want to get involved, you know you can't turn them down. Make sure they know it is only advice. The ultimate responsibility rests with them.

♌ Leo
July 24 - Aug. 23
Honesty is essential if you are to resolve an issue that has been dragging on. That does not only mean you being honest with others, it also means others being honest with you. Encourage them to speak up.

♍ Virgo
Aug. 24 - Sept. 23
You tend to believe in only what you can see and touch. Something will happen today that makes you wonder if there are other forces at work. Can you make them work for you?

♎ Libra
Sept. 24 - Oct. 23
No matter how many brilliant ideas you have, they don't mean a thing unless you do something with them. For too long you've come up with grand plans, now it's time to act.

♏ Scorpio
Oct. 24 - Nov. 22
There is a reason for everything that happens in life — ultimately there is no such thing as luck. Keep that thought in mind today and it will help you keep your feet on the ground.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't take it personally if a friend is overly critical. They are probably more annoyed with themselves than they are with you, but their ego won't let them admit it. They'll make it up to you tomorrow.

♑ Capricorn
Dec. 22 - Jan. 20
You may be desperate to be doing something more exciting but don't get so desperate that you act without thinking. If you do, and make a mistake, it will most likely hit you where it hurts most — in your wallet.

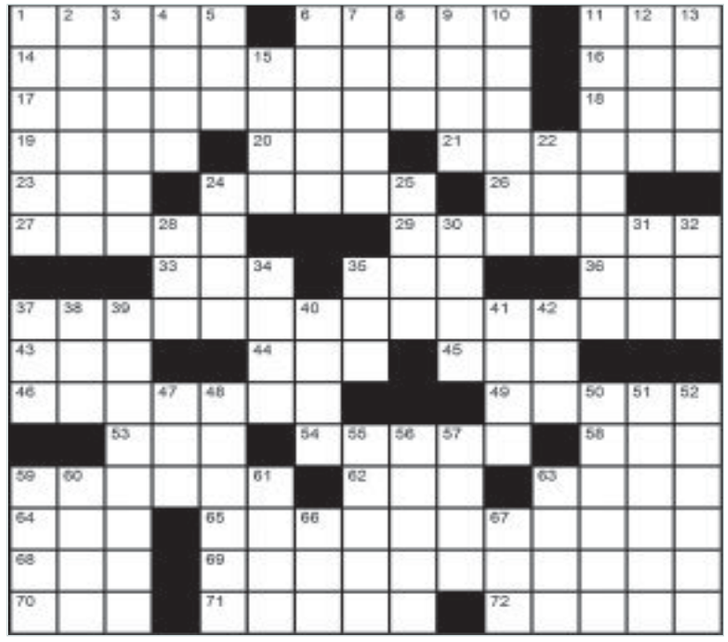
♒ Aquarius
Jan. 21 - Feb. 19
In the eyes of the world, you can do no wrong, so don't worry if you tread on others' toes. Most likely they'll say sorry to you! In every way you are moving faster than everyone.

♓ Pisces
Feb. 20 - March 20
You need to rediscover your passion for a project that started off well but tailed away as other things demanded your time. It doesn't have to be a fantasy that remains unfulfilled. There is still time to make it a success. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



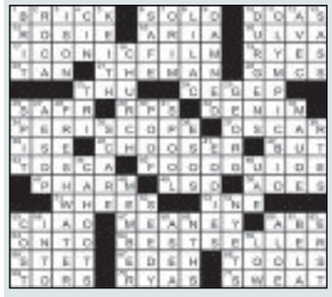
Across

1. Savoury gelatin
6. Motor scooter company
11. Book serial abbr.
14. 'Whale Music' Canadian band
16. Nightfall
17. MMA = Mixed __ __
18. Soak flax
19. City in Quebec
20. Atlantic Can. locale
21. Misters, in Madrid
23. "__, _ insist!"
24. Kiss of the Dragon (2001) star: 2 wds.
26. CBC's The __ James Show
27. "__ __ tired." ...said the exhausted person
29. Big bird
33. Web feed syst. for updates
35. Testing, testing One, __, three...
36. Dove's murmur
37. Canadian History: It was legalized on July 20, 2005: 2 wds.
43. Year: Spanish
44. Tellies
45. Nightfall in verse
46. Potato dumpling
49. Rover
53. Cdn. currency
54. My Own Private __ (1991)
58. Country music's __ Young Band
59. Fates
62. Numero __
63. Ms. Ward
64. Canadian broadcaster Mr. Lewis
65. Louis __ (British naval officer, Prince Charles' great uncle, b.1900 - d.1979)
68. Mr. Chaney Jr.
69. City near Toronto
70. Chang Bunker's equally famous twin
71. Literature's W.B.
72. Really promotes

Down

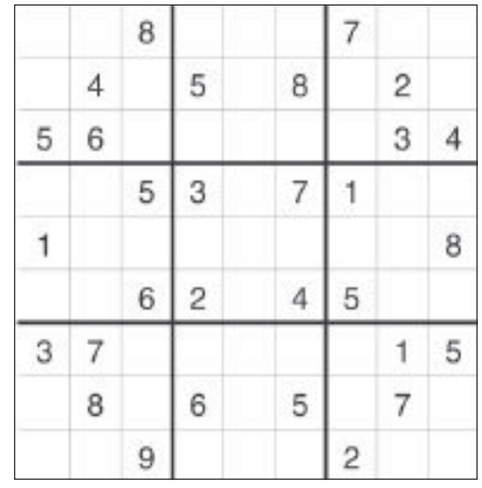
1. Giorgio of fashion design
2. Canadian model/actress Ms. Harlow
3. Licence
4. Scintilla
5. _ _ _: Crime Scene Investigation
6. Parking attendant
7. Internet commerce, _-__
8. __ John A. Macdonald
9. Agent takes, for short
10. Declare to be true
11. Archie Comics character
12. Throughout
13. Net balls
15. Scotch stuff
22. Oslo's li'l locale
24. Ms. Stone of song
25. Cedar Rapids locale
28. Metal-bearing mineral
30. Hurting
31. Wheel part
32. Shed tool
34. Comedy's Mr. Meyers
35. Band-Aid, et al.
37. Decline
38. Journalist Ms. Curry
39. Fad jewellery piece in the 1970s: 2 wds.
40. Nero's 17
41. Casino city
42. Greek Myth: Odysseus' rescuer
47. Ending after . on the Internet
48. Dank
50. Join for company: 2 wds.
51. Make a claim about a crime
52. Singer Ms. Ross, and namesakes
55. Actress Kirsten
56. Pros opposites
57. Goblins
59. Leafy green
60. Shakespeare's river
61. French fabric?
63. Stick around
66. G8 country
67. Mountain __ (Type of tree)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

4	3	8	7	2	6	1	9	5
5	9	6	1	4	8	2	7	3
2	7	1	9	5	3	8	6	4
7	5	3	8	9	4	6	2	1
9	1	4	6	7	2	3	5	8
6	8	2	5	3	1	7	4	9
1	4	9	3	6	7	5	8	2
3	6	5	2	8	9	4	1	7
8	2	7	4	1	5	9	3	6

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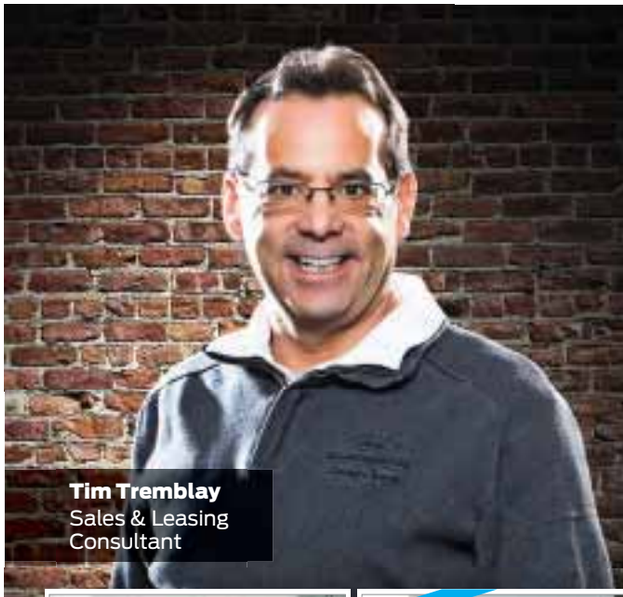
Bennett-fit #11



Tim Tremblay
Sales & Leasing
Consultant

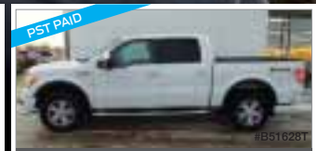
Non-commission Sales Staff

Bennett-fits:
Just another reason it's Better at Bennett

#284852P

V6, STOW & GO, PWR EQUIP, SAT RADIO, KEYLESS ENTRY, 7 PASSENGER, MORE TO CHOOSE FROM

2012 DODGE GRAND CARAVAN
$15,689* / $119*



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#B51628T

HTD LEATHER, SHORT BOX, SONY SOUND, PWR FOLD MIRRORS, MAX TOW PKG, LOCAL TRADE

2010 FORD F-150 FX4
$26,978* / $219*

PST PAID

#A57953T

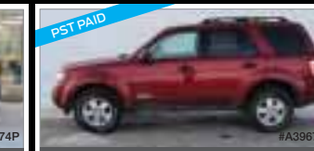
6 SPD AUTO,HTD LEATHER, MOONROOF, TRAILER TOW, SYNC, 6 PASSENGER, 62,000 KMS, LOCAL TRADE

2009 FORD FLEX LIMITED AWD
$23,899* / $196*

#B99674P

HTD CLOTH, POWER DR SEAT, SYNC, SAT RADIO, REV SENSING, LOW KMS, 4 TO CHOOSE FROM!

2013 FORD EDGE SEL AWD
$28,722* / $215*



PST PAID

#A39676T

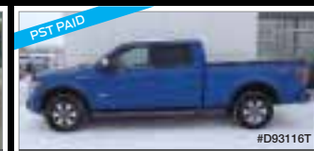
4CYL, HTD LEATHER, MOONROOF, REMOTE START, SYNC, SAT RADIO, ONLY 29,000 KMS

2012 FORD ESCAPE XLT
$21,997* / $189*

#H335848P

AWD, V6, PWR EQUIP, ALLOYS, ROOF RACK, HTD SEATS, BLUETOOTH

2010 HYUNDAI SANTA FE GL
$21,679* / $186*



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#D93116T

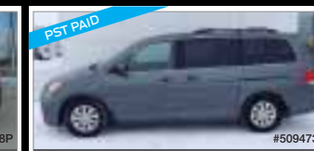
3.5L ECOBOOST, MOONROOF, 6.5 BOX, RUNNING BOARDS, CONSOLE SHIFT, ONLY 45,000 KMS

2011 FORD F-150 FX4
$33,998* / $275*

#115178P

AUTO, 4CYL, ABS, TRACTION CONTROL, SYNC, SAT RADIO, POWER SEAT, LOW KMS

2013 FORD FUSION SE
$20,995* / $168*



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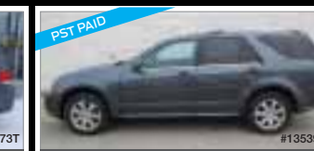
#509473T

HTD LEATHER, POWER SEATS, POWER DOORS, 8 PASSENGER, LOW KMS, LOCAL TRADE

2008 HONDA ODYSSEY EX-L
$18,589* / $154*



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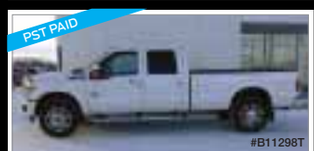
#135393T

V6, AUTO, HTD LEATHER, 17" ALLOYS, REV SENSING, PREMIUM SOUND, ONLY 86,000 KMS

2007 CADILLAC SRX AWD
$18,875* / $183*



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#B11298T

6.7L DIESEL, NAV, MOONROOF, REMOTE START, HEATED & A/C LEATHER, UNDER 20,000 KMS

2013 FORD F-350 PLATINUM
$61,983* / $389*

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#A59424T

HTD LEATHER, MOONROOF, 7 PASSENGER, AWD, REV SENSING,1 OWNER, ONLY 128,000 KMS

2006 FORD EXPEDITION LTD
$17,789* / $173*

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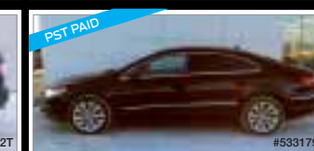
#228562T

AWD, TURBO 4CYL, HTD LEATHER, POWER EQUIP, UPGRADED SOUND, 18" ALLOYS, LOCAL TRADE

2009 MAZDA CX-7 GT
$18,995* / $157*



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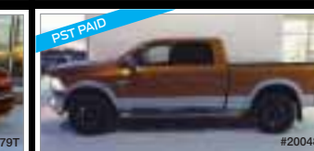
#533179T

SPORTLINE PKG, HTD LEATHER, NAV, MOONROOF, BLUETOOTH, 2.0L TURBO, ONLY 29,000 KMS

2009 VOLKSWAGEN PASSAT CC
$19,782* / $166*



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#200481T

LARAMIE, HTD LEATHER, MOONROOF, RUNNING BOARDS, PARK ASSIST, REMOTE START, CREW CAB

2012 DODGE RAM 2500
$55,912* / $393*

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